



Activities in Bournemouth

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Bournemouth	Parks in Mind	Activity times vary. Please visit website for details: https://parksfoundation.org.uk/parks-in-mind/	Parks and greenspaces in Boscombe and elsewhere in Bournemouth. Contact Parks in Mind for the month's programme.	An ecotherapy project that takes place on parks and greenspaces in Bournemouth. Creates volunteering opportunities to improve health and wellbeing, connect people to their local parks and enhance the local environment. Provides a safe and friendly place to take part in fun nature conservation, parks and workshop activities, meet new people and share experiences. As well as practical nature conservation, the project also includes occasional wellbeing and arts activities. Parks in Mind is open to everyone, whether wishing to maintain current good health or looking to improve wellbeing.	Free	Waterproofs and suitable walking footwear recommended.	07384 790048 p.holloway@parksfoundation.org.uk
Bournemouth	Buggyfit, Southbourne	Weekly Tuesday 9.45-10.45am. Thursday 10.30-11.30am. (term time only)	Meet at Bistro on the Beach Café on the Prom - you can park along the clifftop on Southbourne Coast Road, BH6 4BE	Buggyfit is the perfect way to get back into shape after having a baby, while spending time with your baby and having fun. Whatever your postnatal stage we have a programme that will suit your needs. We make our way along the prom, stopping for different exercises. You can stop and feed at any point so don't let this put you off. Please make sure you have had your doctor's 6 week check-up before you do any exercise.	£5.00	Waterproofs, suitable footwear, snack and a drink, money for refreshments, camera, buggy rain cover, mat or something to lie on	07984 148702

Bournemouth	Healthy Heritage, Stour Valley	Weekly. Tuesday 10am-1pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	Get involved in taking action to maintain and improve the Stour Valley Local Nature Reserve. A wide range of tasks are covered from hedge laying to making path improvements and clearing undergrowth. You will be supported by experienced volunteers from the Stour Valley Supporters group.	Free	Waterproofs, suitable walking footwear, money for café, camera	01202 451548
Bournemouth	Gardening to Give, Kingfisher Barn Muscliff	Weekly. Tuesday 10am-1pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	Come along and help tend the beautiful wildlife garden at the Barn. Give half an hour or stay for all three. Whatever you can give. You will be supported by experienced volunteers from the Stour Valley Supporters group. Teas and coffees provided by the Rangers.	Free	Waterproofs, suitable walking footwear, money for café, camera	01202 451548
Bournemouth	Parks in Mind	Weekly Tuesday 14.00-16.30	Parks and greenspaces in Boscombe and elsewhere in Bournemouth. Contact Parks in Mind for the month's programme.	An ecotherapy project that takes place on parks and greenspaces in Bournemouth. Creates volunteering opportunities to improve health and wellbeing, connect people to their local parks and enhance the local environment. Provides a safe and friendly place to take part in fun nature conservation, parks and workshop activities, meet new people and share experiences. As well as practical nature conservation, the project also includes occasional wellbeing and arts activities. Parks in Mind is open to everyone, whether wishing to maintain current good health or looking to improve wellbeing.	Free	Waterproofs and suitable walking footwear recommended.	01202 451513 p.holloway@bournemouthparksfoundation.org.uk

Bournemouth	Wessex Orienteering Club Running session, Bournemouth	Weekly. Tuesday 6-7pm	Bournemouth University Sports Centre, Wallisdown Campus	We are a regular running group of mixed ages and abilities. The youngest is early twenties and the oldest early seventies. We do a session of approximately an hour spilt into different ability groups followed by a sociable drink afterwards.	Free	Waterproofs, suitable walking footwear (preferably trainers), money for refreshments (optional drink during the session)	01202 484523
Bournemouth	Parks in Mind	Weekly Wednesday 10am-2pm	Parks and greenspaces in Boscombe and elsewhere in Bournemouth. Contact Parks in Mind for the month's programme.	An ecotherapy project that takes place on parks and greenspaces in Bournemouth. Creates volunteering opportunities to improve health and wellbeing, connect people to their local parks and enhance the local environment. Provides a safe and friendly place to take part in fun nature conservation, parks and workshop activities, meet new people and share experiences. As well as practical nature conservation, the project also includes occasional wellbeing and arts activities. Parks in Mind is open to everyone, whether wishing to maintain current good health or looking to improve wellbeing.	Free	Waterproofs and suitable walking footwear recommended.	01202 451513 p.holloway@bournemouthparksfoundation.org.uk
Bournemouth	Buggyfit, Durley Chine	Weekly Thursday 11am-noon (term time only)	Meet by the Harvester on the Prom at Durley Chine (free parking along the road BH2 5JF)	Buggyfit is the perfect way to get back into shape after having a baby while spending time with your baby and having fun. Whatever your postnatal stage we have a programme that will suit your needs. We make our way along the prom, stopping for different exercises. You can stop and feed at any point so don't let this put you off. Please make sure you have had your doctor's 6 week check-up before you do any exercise.	£5.00	Waterproofs, suitable footwear, snack and a drink, money for refreshments, camera, buggy rain cover, mat or something to lie on	07984 148702

Bournemouth	Therapeutic Horticulture Volunteer Friend taster session	Weekly. Thursday 11am- 12.30pm	Cherry Tree Nursery, Off New Road Roundabout, Northbourne, Bournemouth BH10 7DA	Want to find out what it's like to work in a therapeutic horticulture environment? Looking to make a difference in mental health? Join Cherry Tree Nursery for a Volunteer Friend taster session. Be prepared to work outside with plants and people! Tasks include weeding, potting and moving plants, either individually or as a team. The session would involve gentle and natural exercise at your own pace therefore giving a great opportunity to experience the benefits of therapeutic horticulture first hand.	Free	Waterproofs and suitable footwear	01202 593537
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